

Abstract

Title: Current approaches in conservative treatment of scoliosis - literature review

Objective: The goal of this diploma thesis is evaluate the most efective current within a combination of a bracing with exercises therapy. Next goal is to summarize matters of adolescent idiopathic scoliosis disease, especially outline of clinical picture, causes and predisposition for origin these deformity and last but not least options in conservative treatment.

Methodics: This diploma thesis is processed as literature review from available literary resources. First part of thesis contains all of theoretical bases and knowledge about adolescent idiopathic scoliosis. Second part has a decriptive-analytical charakter and contains analysis of studies, which was used a bracing supplemented by exercises treatment.

Results: Established criteria after finish of review fulfill only nine studies, which interest about efectivness of treatment by bracing in pacient with adolescent idiopathic scoliosis. Because the way of studies and their very low number of studies, is not possible to evaluate results of studies and conclusively interpret, which one is the most effective access. Nevertheless in all of this studies was demonstrated higher efficacy by therapy with probands undergoing a bracing along with active exercise therapy.

Keywords: adolescent idiopathic scoliosis – conservative treatment – treatment of scoliosis – physiotherapy - bracing